

Atlantic Crossroads

Vol. 11, No. 2 • Jan. 13, 2006 | Lajes Field, Azores, Portugal | Ready to Fight and Win!

PT concern

*Airmen concerned about
running conditions*

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COMUSAFE

*New CC ready to
listen, learn and lead*

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Construction

*Road detours ahead for
construction projects*

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Lajes Weather

Saturday

*Mostly cloudy
with isolated
showers
High 61
Low 54*



Sunday

*Mostly cloudy
High 59
Low 55*



Monday

*Partly cloudy
High 59
Low 50*



*Weather courtesy of the
65th OSS weather flight.*

*For a 5-day forecast, visit
[http://www.lajes.af.mil/
weather/5-Day.gif](http://www.lajes.af.mil/weather/5-Day.gif)*



Open Wide

Staff Sgt. Amanda Sais, a perio therapist at the 65th Medical Operations Squadron dental clinic, uses a scaler to remove build up from patient Staff Sgt. Todd Reins' teeth during his annual cleaning Tuesday. See story on pages 6-7. (Photo by Airman 1st Class Tabitha Larson)



PERSPECTIVE

Commander's Line

Question

I'm writing this letter anonymously due to the fact that I do not want to jeopardize my career.

One thing I do want to make clear is that I'm not complaining about PT. I'm into fitness – especially running. I'm extremely concerned with Lajes Field's PT programs as they stand now. The running conditions are terrible. Running on pavement/concrete is bad enough on one's body, but add the incline, which is steep at times, and this becomes a health issue.

What amazes me is that when one comes into Lajes and attends the Right Start briefing, you are told there is no choice but to run the hills and pavement on several occasions.

One is briefed on the possible damage to your knees, ankles, feet and most likely you will experience some sort of problem due to the running conditions and in the same medical briefing you are told to suck it up once more because you do not want to get on a medical profile. Due to this I see too many Airmen enduring the at-first gradual, and then later, constant pain in your joints, knees and feet. Too many are scared to seek medical help because they do not want to be put on profile.

I sincerely feel the PT programs for all squadrons need to be looked into. Maybe an option until the new track is complete is to utilize the gym's treadmill or at least all squadrons run on the flattest area that can be found instead of the steep inclines that are being used now. This is a health issue plus possibly someone's career.

Once again, I'm a strong believer in fitness, but let's do it right.

- A concerned Airman

Note: While we prefer callers to leave their name so we can provide a

direct response, this anonymous letter had relevance to all.

Answer

The Air Force Fitness Program was revamped to better assess overall health, ensure troops are fit for everyday physical challenges in peacetime and wartime, and identify those who may be at risk for future chronic diseases.

The running piece of the fitness assessment is an excellent indicator of cardiovascular health and endurance. As a means to adequately prepare individuals to maximize their fitness score and enhance their overall health, units are mandated by AFI 10-248, Fitness Program, to engage in group physical training sessions a minimum of three times per week. The majority of units have adopted group outdoor running as a means to accomplish these objectives.

There is no doubt that outdoor running at Lajes Field is challenging. However, it is surely possible to meet and exceed the fitness requirement while remaining free of injury. Hundreds of Airmen have done just that.

It is reasonable for the unit commander to require Airmen to run. Until the outdoor running track is complete (projected completion date is mid-May 2006) and if the hills on base pose a problem for some, the unit could consider utilizing the AEF ramp which is now available seven days a week from 7 to 10 a.m.

The Health and Wellness Center is available to offer assistance to members suffering from injuries that limit their ability to run or engage in other forms of physical training. Airmen can also use HAWC resources to prevent injuries before they occur.

The HAWC staff is also trained to assess the best running shoe based on the individual's gait, physical limitations, and for pavement and incline running.

It is vital for members to notify their

physician immediately if joint pain begins even if faced with the possibility of being placed on a profile. Concealing problems of this nature will delay necessary treatment and potentially worsen the pain sometimes creating lifetime physical limitations. In these cases, running on any terrain simply may not be worth the inevitable costs.

Col. Robert Winston
65th Air Base Wing commander

The Commander's Line is your direct link to me for suggestions, kudos and as a way to work problems or issues within the 65th Air Base Wing for which you can't find another solution. Your chain of command should always be your first option for praise or problems -- but when that's not the answer, call or e-mail the CC Line. Call 535-4240 or e-mail actionline@lajes.af.mil.

Combat Focus



Combat Touch is a program to infuse enthusiasm to passionately pursue matters of the spirit in our community through active participation in base programs.

The primary goal of the program is to ensure airmen and family members are aware of the programs, services, and expertise available to aid spiritual growth.

Atlantic Crossroads

The 65th Air Base Wing Public Affairs staff prepares all editorial content in the Crossroads. The 65th ABW Public Affairs Office (Unit 7710, APO AE 09720), is located in Bldg. T-100, Room 240.

This funded Air Force newspaper is an authorized weekly publication for members of the U.S. military services overseas.

Contents of the Crossroads are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

The Crossroads staff encourages its readers to call, fax or e-mail with ideas or corrections. Call 535-3347 to speak to a Crossroads staff member, fax information to 535-6326, e-mail news@lajes.af.mil.

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Listen, learn and lead: COMUSAFE takes the reins

**By Master Sgt.
Chuck Roberts**
USAFE Public Affairs

RAMSTEIN AIR BASE, Germany (USAFENS) – He is here to lead U.S. Air Forces in Europe, but brings a leadership style keen on listening and learning from Airmen in his command. And after a month on the job, Gen. Tom Hobbins likes what he hears and is confident the command is heading in the right direction.

"When you look at the accomplishments of what our folks are doing, to include those people who are in Iraq and those people who are in Afghanistan, I think you'll find that everybody is very excited because they get up in the morning, they look themselves in the mirror and they say, 'You know, we're making a difference – we really are helping people'," said General Hobbins. "We are fighting this war on terrorism with extreme dedication, and I see everyone interested in staying and continuing the kind of work they are doing."

The general can base that assumption from the hundreds of USAFE Airmen he's encountered since assuming command. Although General Hobbins is no stranger to USAFE after serving as its director of operations during the air war over Kosovo, the general makes it a high priority not just to meet as many people as possible, but to learn from each encounter.

"I am very proud to be the 34th USAFE commander and am very proud to serve with (our fellow USAFE Airmen) – it's an honor," the general said. "I'm really here to listen at first and try to understand what it is that people are doing and what it is they would see us do to make the team better. So I'm around and about asking those questions – are there methods and pro-

cedures you feel could be changed to allow us to become more efficient?

"I hope people will understand that I care about them and want to hear from them what I need to change – I value what they tell me," General Hobbins said.

Such encounters also provide personal satisfaction, as was evident during a recent trip to Iraq that culminated with the general dancing with fellow USAFE Airmen deployed there.

"Every time I walk into a workplace, someone walks up to shake hands," the general said. "They are very dedicated to the job they are doing and they are excited about it – that gives me energy when I meet people like that ... it gives me strength."

General Hobbins said their can-do attitude also fits well into a new direction for USAFE – a shift from a fighter aircraft-centric type of mission to

more of a balance with the mobility-centric mission. The general pointed to the state-of-the-art air freight terminal at Ramstein and the Airmen who work there. In addition to the general, the Airmen themselves are impressed with technology that allows them to support fellow Airmen and sister services downrange with timely delivery of critical parts and supplies.

"Airmen really want to be analyzers of information and not just inputters of information, so we're seeing that change and that shift," said the general. That mindset is in lockstep with Air Force initiatives such as Smart Ops 21.

Smart Ops 21 is a business strategy that aims to eliminate

waste, save time and money and refocus Air Force resources on its core missions. It is all about increasing efficiency by identifying actions not contributing to core missions and that help eliminate waste.

"The USAFE team is up for that and I know they can come up with great ideas that are going to make us more efficient," said General Hobbins.

The general's optimism is derived in part from a leadership style that includes thoughtful decision making, but also encourages effort and initiative.

"In a command such as this that is already doing such a tremendous job, any change must be done carefully and in consultation with all involved. Have everybody in the room when making a decision and empower all to present ideas. That's why I think we were so successful in Kosovo," said the general.

"I hope people will understand that I care about them and want to hear from them what I need to change – I value what they tell me."

–General Hobbins

How-ever, even the most well conceived plans sometimes fail, but good leaders still stand among their people with equal support and enthusiasm.

"As the level of difficulty of a problem gets higher and higher, you need to rise with it, and you never want to lose confidence in your people if they fail," said General Hobbins. "You want to demonstrate that, 'Hey, we understand that people make mistakes and we want to learn from those mistakes. I do not believe in rule through fear and don't want my commanders to rule with fear.'"

Leadership and self-improvement also come from

taking initiative and making the most of the opportunities life presents you, said General Hobbins, who keeps a copy of "Lincoln on Leadership" within an arm's reach in his office. As a young officer, he recalled spending time "hanging around the ops counter" on nonflying days just in case a fellow pilot was forced to cancel a mission so he could step in and help out.

The general also experienced similar fortune by accepting an assignment turned down by the previous seven candidates. When General Hobbins, his wife Robbin and their five children arrived at Keflavik Naval Air Station in Iceland, they were faced with only one television station and brutal winds across a treeless land.

"It sounded bad but it turned out to be one of the best assignments," the general said, explaining that their family became even closer since the lack of other entertainment forced them to spend lots of quality time together playing games.

It's probably no coincidence the general and his family were able to cope successfully in Iceland. Taking care of family is high on the general's priority list, and one he promotes for those in his command.

"You have an Air Force family which is an extended family, and you have your own family that you love and spend time with, but frequently we devote too much time to our careers and not enough time with families at home," the general said. "I think it's important to have balance."

"I would like to encourage people to spend a little more time on the weekends dedicated to their families if they can. Your children learn and see what you do, and from that, life becomes successful for them as well."

Good to know

Housing residents must turn in letter by deadline

In an initiative to increase security, a new program is being implemented that will affect housing residents with Portuguese employees.

Residents, who have local nationals as gardeners, seamstresses, nannies, maids or any other employee, must now ensure employees have proper identification.

Beginning Feb. 1, all domestic help employees must have an Air Base 4 issued pass or they may be prohibited from entering military family housing.

Residents were given a letter to fill out to list employees or acknowledge they have none, to help facilitate passes. The letter must be turned in by Wednesday.

"Whether you have an employee working for you or not, we need all residents to complete and turn in their form to the military housing office now," said Lt. Col. Tim Donohue.

Adam's Attic

Armed Forces Entertainment is bringing the pop/rock band "Adam's Attic" to perform for Lajes Jan. 25. A concert for families is scheduled for 6 p.m. at the Top of the Rock Club and a Late Night with "Adam's Attic" show is scheduled for 9 p.m. for adults.

Busch extends offer

Anheuser-Busch said it will extend through 2006 its "Here's to the Heroes" program that last year provided free theme park visits to 900,000 U.S. military service people and their dependents. Busch Gardens Tampa Bay, Adventure Island in Tampa and Sea World in Orlando are among the Busch theme parks participating. For details, visit www.herosalute.com.

New postage rates

The U.S. Postal Service has increased postal rates and fees. The single-piece rate for First-Class mail will increase from 37 cents to 39 cents, and the postcard rate will increase by one cent, to 24 cents.

Road construction detour begins at triangle intersection

By Staff Sgt. Christin Michaud
65th ABW Public Affairs

Lajes personnel will see a new detour with the beginning of a construction project Monday.

Road construction is focused on the three-way intersection which passes by T-100, T-112 and the walking gate.

"The straightening of this intersection will mitigate the potential safety challenges we have with the offset intersection," explained Capt. Hollie Losee, 65th Civil Engineer Squadron, engineering flight chief.

The construction project will have two phases.

Phase one includes the triangle portion of the road along the side walk, which will be constructed with concrete.

During phase two, the road in front of the triangle and T-112 parking exit-ramp will be reconstructed with new asphalt.

"There will be detour signs to instruct drivers on the best alternate route," said Captain Losee.

The parking lot of Bldg. T-112, the consolidated support center will be closed during a portion of the construction for repavement.

Two-way traffic will be able to pass through where Bldg. T-122 is during the construction period.

Parents who use the child development center will also be affected.

"Drivers driving to the CDC may simply want to choose the Biera Mar Gate entrance," Captain Losee said.

The project is scheduled to be complete in May.



Rolling

Staff Sgt. Marty Rush, NCOIC of News for American Forces Network-Afghanistan, covers a field operation at his deployed location. He is assigned to AFN Det. 6, Lajes Field. Since September, AFN-Afghanistan has revamped its newscast and began submitting TV broadcast stories to the Pentagon Channel and radio story submissions to AFN-Europe, which doubled the amount of coverage Soldiers, Sailors, Airmen and Marines supporting Operation Enduring Freedom receive. AFN-Afghanistan reporters routinely go "outside the wire" to highlight stories such as civic aid missions to Afghan villagers, security missions in the mountains patrolling the hillsides, and the success of Provincial Reconstruction Teams rebuilding clinics, schools and hospitals. Sergeant Rush, is a native of Eldon, Mo. (Photo by Airman 1st Class Peter Mellon)



Rubberized running track in the works

By Staff Sgt.
Christin Michaud
65th ABW Public Affairs

Runners who have struggled with running on pavement are in store for a change soon.

Close to \$400K was allocated in 'end-of-year' funds to help Lajes personnel train to be fit to fight.

The money is being used to build a rubberized running track for all Lajes personnel.

"Lajes personnel will finally have a safe, level, first-class place to run 24/7," said Col. Mike Silver, 65th Mission Support Group commander.

Construction on the 400 meter four-lane track began last week. The track will

be lighted and have a synthetic rubberized top coating according to Capt. Hollie Losee, 65th Civil Engineer Squadron, engineering flight chief.

"The running track will be a great asset for Lajes in accomplishing the AF 'Fit to Fight' program," she said.

The track will be located behind building T-408.

The rubberized surface will minimize discomfort to joints, explained Colonel Silver.

"It eliminates many of the standard criticisms from our Airmen against running on the roads and hills at Lajes," he said. "Its convenience should increase the number of Airmen who run. Additionally, it should also reduce the number of running injuries since it will much safer than

other options at Lajes."

The new track will benefit families as well.

"It will have a soccer field in the middle of the track, so we can have more events close to the Lajes community as opposed to far end of the base where the soccer fields are now," Colonel Silver said.

"Finally, it will remain as a place for families to exercise while their children enjoy the playground next to T-400."

During construction, safety tape will be put up between the construction site and the playground, Captain Losee said.

"CE would advise everyone to stay away from the construction site and to remind parents to keep watch of their children while they are playing on the playground," said the captain.

Commander speaks with local landlords Tuesday

The 65th Air Base Wing commander met with landlords from the local community Tuesday at the base theater to discuss security concerns and their off-base American tenants.

Col. Robert Winston briefed approximately 100 landlords about security strategies and combining efforts to stop recent theft against Americans.

After meetings with the mayor of Praia Da Vitoria, the local security forces of Headquarters, Azores Air Zone, the local police and a representative from the Regional Government of the Azores, Colonel Winston organized a public crime prevention campaign at Lajes Field. He said the base continues to educate Americans at Lajes, on and off base, to secure their belongings in both their homes and cars.

Americans are already be-

ing more careful by installing alarm systems and reinforcing locks in doors and windows, he said. Security must be a team effort though, with landlords reinforcing security measures in the houses and apartments they rent.

Currently, there are 546 Americans living in 319 rented housing units off base. The 65th Civil Engineer Squadron Housing Office anticipates American personnel renting 40 more units in the future.

Col. Michael Silver, 65th Mission Support Group commander, said leadership decided to hold the forum with the local landlords to open lines of communication.

"We're trying to show that safety of off-base personnel isn't just our job or just theirs; it's a partnership. What we can do is shore the lines of defense,"

he said. "This meeting is a great opportunity for landlords to meet the wing leadership and for us to address any concerns they have."

Colonel Winston said he was aware that Portuguese residences have also been the victims of burglary recently, but his duty is to protect U.S. personnel. He added that the base is participating in an ongoing U.S. Air Forces in Europe survey about crime on all USAFE bases, and if criminal activity continues against Americans living off base, it could result in reducing our force.

The colonel concluded the forum by expressing that landlords should partner with the base in reducing crime against Americans.

(Sr. Ed Lima and 1st Lt. Mike Hyland contributed to this article)



Col. Robert Winston, 65th Air Base Wing commander, discusses security issues involving U.S. personnel living off base with a landlord Tuesday. Colonel Winston briefed the wing's security concern for off-base personnel during a presentation to about 100 local landlords. (Photo by 1st Lt. Mike Hyland)

STEPin' up

Staff Sgt. Gregory Jones is in disbelief, when Col. Robert Winston presented him with technical sergeant stripes Jan. 6. Sergeant Jones was promoted under the Stripes for Exceptional Performers in front of his squadron members who were preparing for PT. (Photo by Airman 1st Class Tabitha Larson)

Tech. Sgt. Sharon Washington, 729th Air Mobility Squadron was STEP promoted to master sergeant Tuesday.



Two picked up for O-5

Maj. Kai-Wood Ma and Maj. Sara Dixon, 65th Medical Operations Squadron were selected for promotion to lieutenant colonel. Congratulations!





Staff Sgt. Jeremy Harris, preventative dentistry NCOIC, polishes Airman 1st Class Charles Patterson's teeth during his annual cleaning Monday. (Photos by Airman 1st Class Tabitha Larson)

Open wide Prevention key

By Staff Sgt. Christin Mic...
65th ABW Public Affairs

The walls are white, the room sterile, the dentist is talking about x-rays – and what the patient would be in, what's going on.

Relax, it's only time for your annual dental cleaning.

You're escorted to the "chair," where you're put in a bib like a toddler. Next you have to put on those hideous glasses – are you about to be tortured?

"That depends," said Staff Sgt. Jeremy Harris, 65th Medical Operations Squadron perio therapist and preventative dentistry NCOIC.

For patients who routinely brush and floss, an annual cleaning is a painless process.

"Some people don't brush and floss regularly, so they have more plaque and calculus," explained Harris. "In that case, I have to work harder to get it off."

He said that was more of a challenge for him, though, and part of what he likes about the job.

"I'd rather clean someone who has more plaque because I get to see the job I did," he said.

An annual cleaning is a fairly painless procedure if people keep up on their oral hygiene. After the cleaning, the technician uses the scraper to remove the plaque, then they polish, floss and give patients a fluoride treatment before sending them on their way.

This perio therapist, who has been polishing the teeth of military members and their families for years, said the highlight of his job is just being able to make people's teeth shine. "I like cleaning teeth," Harris said.

His advice for the Lajes community: "Brush, floss, and see the dentist regularly."



Staff Sgt. Amanda Sais, a perio therapist, performs a cleaning appointment.

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Make sure

you brush at least twice a day for three-five minutes," he said. "It's also important to floss every day and try to cut down on sweets and soda."

"A good diet is also important, echoed Capt. Adam Huhn, 65th MDOS dentist. "Too many sugars cause cavities," he said.

The biggest challenge he has is patients with stained teeth. This is a result of smoking and coffee drinking primarily. In his experience, people who smoke or drink tea or coffee are more susceptible to stained teeth. Sergeant Harris suggested people keep a spare tooth brush at their job. "It's a lot easier to keep the stains away if you brush right after you smoke or drink," he said.

Stained teeth isn't the only concern for tobacco users. Smoking and snuff usage can cause oral cancer, according to Dr. Huhn. "Snuff usage can lead to a change in oral tissue," he explained.

"Too much alcohol in combination with tobacco can increase the risk of getting oral cancer," he added.

Periodontal disease is also a concern when it comes to oral hygiene.

"Flossing is #1 when it comes to prevention of periodontal disease," said Dr. Huhn.

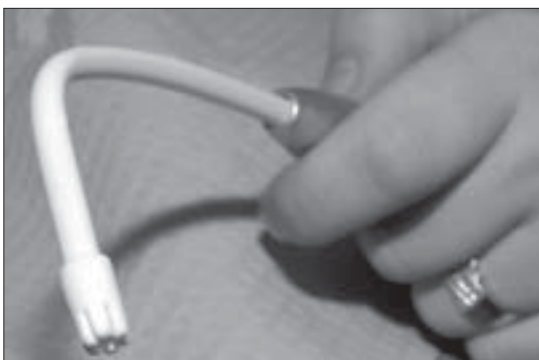
The people at the clinic can tell when patients don't brush or floss regularly. "If you floss regularly, you won't bleed during the check up," Sergeant Harris said. People who don't floss regularly tend to bleed and have red, irritated gums.

Next time you're due for a cleaning, don't worry, just remember it will go more smoothly if you brush and floss regularly.

"It all starts with them," Sergeant Harris stressed.



A scraper is used to remove plaque and calculus build up from a patient's teeth during a routine cleaning.



Above: The suction is used to remove water and saliva from a patient's mouth during the cleaning.

Left: Staff Sgt. Todd Reins relaxes while Sergeant Sais cleans his teeth Tuesday.



...reaches for a scraper during a

EUCOM, components prepare for pandemic flu

By Maj. Pamela A.Q. Cook
U.S. European Command

STUTTGART, Germany —

Officials are meeting in Stuttgart this week to plan for how best to deal with a potential outbreak of avian influenza that could mutate into a pandemic flu.

Conference attendees, including subject matter experts from throughout the region, are creating a comprehensive plan in coordination with U.S. European Command, host nations, the Department of Defense and other governmental agencies to deal with a possible pandemic caused by the mutation of the H5N1 influenza virus, more commonly known as "bird flu," that is currently circulating through domestic and wild bird flocks around the world.

"Due to the serious consequences presented by a potential pandemic, and in support of U.S. government worldwide efforts, EUCOM is coordinating with appropriate organizations and governments to ensure that people are protected and informed," said Air Force Lt. Col. Ron Sanders, the lead project officer for EUCOM's pandemic influenza response team.

The DOD, Department of State, Health and Human Services, World Health Organization, and other governments and agencies are preparing for a possible pandemic – a global outbreak of disease – of avian influenza. These organizations are building on the knowledge and experience from other recent public health crises, including SARS and the 2001 anthrax attacks, to meet the threat of a pandemic outbreak. EUCOM and its component commands are continuing the planning process to protect their service members, family members and

employees while maintaining operational readiness.

The presence of even a limited number of human cases of avian influenza has raised concerns that the current situation could become a pandemic if the virus develops the ability to spread from human to human. If such a situation should occur in Europe, the EUCOM plan suggests individuals should be prepared to increase good personal hygiene practices such as hand washing, cough and sneeze etiquette, and care in food preparation. In the event of an epidemic avian influenza outbreak, social distancing, isolation and quarantine procedures may have to be implemented. Social distancing includes limiting social gatherings and interactions such as attending school, churches, civic clubs and groups, and work activities. Local commanders and health officials will notify personnel of specific procedures on their installations.

Some existing antiviral treatments are available to possibly mitigate a pandemic influenza virus. There is currently no vaccination available to counter the virus in its existing form. Once the bird flu virus has mutated to where it can be passed from human to human, experts estimate that it will take at least six to nine months to develop an effective vaccine. However, the mitigating antiviral medications have proven somewhat successful at blocking the replication of the virus if treatment begins within 24 to 48 hours.

While it is unusual for people to get influenza infections directly from animals, sporadic human infections and outbreaks caused by certain avian

See *FLU* on page 9

Minimize Risk of Contracting Avian Influenza

While there is currently no vaccination for the H5N1 virus that causes avian influenza, maintaining good basic hygiene practices remains the best defense. Other health precautions useful to minimize risks of viral infection or of contracting H5N1 include:

- Remain calm, the virus in its current form is passed by direct contact to humans from infected birds or their droppings
- Practice basic hygiene practices such as hand washing, cough/sneeze etiquette and avoiding crowded places with poor ventilation
- Get the seasonal flu shot to help maintain an overall healthy immune system
- Maintain good health practices such as eating a balanced diet, exercising, avoiding tobacco, getting adequate rest and maintaining adequate indoor ventilation
- Avoid going to bird parks, poultry markets and farms in countries with H5N1 outbreaks
- Avoid fresh animal markets and live poultry in countries with H5N1 outbreaks
- Avoid touching birds and poultry, and particularly their droppings
- If contact has been made with birds or poultry, wash your hands thoroughly with soap and water
- If traveling to high-risk countries, clean hands regularly with soap and water or a waterless alcohol-based hand-rub
- Cook all poultry products thoroughly (160-degrees Fahrenheit), including eggs
- Practice safe food handling procedures when preparing poultry products, and ensure thorough cooking
- Buy food from approved sources
- Phone your health provider if you develop fever, breathing difficulties and cough after returning from a country with avian influenza outbreaks

What is Bird Flu?

"Bird flu" is an infection caused by avian influenza viruses. These flu viruses occur naturally among birds. Wild birds worldwide commonly carry the viruses in their intestines or respiratory tracts but usually do not get sick from them. However, bird flu can be contagious among birds and can make some domesticated birds – including chickens, ducks, and turkeys – very sick and kill them. Most recently, avian flu was found in birds in Romania, Turkey, Croatia, Greece, and Russia.

The first reported case of human infection with avian flu was in 1997 in Hong Kong. The H5N1 strain of the avian flu virus has pandemic potential, since it might ultimately adapt into a strain that is contagious among humans. Once this adaptation occurs, according to the World Health Organization, it will no longer be a bird virus – it will be a human influenza virus. Influenza pandemics are caused by new influenza viruses that have adapted to humans.

Nixon spent time in Terceira for summit

Question: I've heard that former U.S. President Richard Nixon spent some time on Terceira Island. When was that and for what reason?

Answer:

President Richard Nixon came to Terceira Island in December of 1971 to participate in a summit with his French counterpart at the time, George Pompidou.

The Atlantic summit was convened for both leaders to discuss a monetary crisis involving both countries, due to Nixon's decision to increase the U.S. dollar's value and impose restrictions to import of European products.

Nixon arrived on the evening of Dec. 12, and left in the afternoon of Dec. 14.

Upon his arrival, he was greeted by the Portuguese Prime Minister at the time, Marcelo Caetano, who had also come to the island to serve as host to both foreign dignitaries.

Nixon and Pompidou met for two days in Angra in the same building that today serves as Headquarters for the Regional Department for Education and Science.

While at Terceira, Nixon stayed in the quarters of the U.S. Forces Azores Commander, Brig. Gen. Thomas Aldrich, while the French president stayed at the Serreta Inn, in the town of Serreta. This inn is currently deactivated.

The summit marked the first time in history that Terceira had the honor to

host an international summit and to have three distinct dignitaries, one national and two foreign, on its soil at the same time.

More recently, on March 16, 2003, the island, namely Lajes Field, was also the stage of another international summit, when U.S. President George W. Bush met with the Prime Ministers of Great Britain and Spain to discuss the situation of Iraq before the war broke out.

Ask Ed



Ed is the author of the Ask Ed column. He is a retired U.S. Air Force officer and a member of the Lajes Field community.

65th SFS Blotter Jan. 4 - Jan. 10

Jan. 5

Location: T-627 /Flight line BX

Complainant telephoned SFS stating the AAFES security officer detained two individuals for suspected shoplifting.

Complainant stated that at approximately 5 p.m. she observed one individual conceal a Sony MP3 Player in his pants leg and attempt to depart the store.

Items valued at approximately \$429. Upon SFS arrival, the first detained individual revealed other items he had taken from the Flight View BX.

SFS advised all juveniles of their rights which was

witnessed by the parents.

In the process of completing AF Form 1168 both juveniles implicated one other juvenile involved who was later contacted by SFS. The first individual was also carrying a concealed knife which was confiscated.

Jan 9

Location: T-234/DoDDS

Complainant telephoned SFS to report a computer keyboard and mouse was stolen by unknown person(s). The complainant stated that between 4 p.m. Jan. 8 and 8 a.m. Jan 9, the property was stolen.

FLU continued from page 8

influenza viruses are cause for concern. These sporadic human infections, however, rarely result in sustained transmission among humans. Avian flu currently does not have the ability to be transmitted through human to human contact.

In order for the bird flu virus, or any virus for that matter, to cause a pandemic, several factors must be present. According to a town hall meeting on the subject hosted by the American Consulate General in Frankfurt, Germany, the most notable factors include the ability for the virus to replicate itself in humans and to be efficiently able to transmit from human to human. When the human population does not have immunity against such a virus, a pandemic is possible.

Even though the bird flu and human flu viruses are different, they are spread in the same way, and experts are unsure whether the current strains of avian

influenza will evolve into a pandemic strain. However, it has shown the ability to mutate, so it is a concern. While there have been changes in the virus over time, there is currently no indication that the virus has changed to a form that could result in a pandemic. This possibility is being closely monitored by numerous health organizations around the world.

In that vein, the National Institute of Allergy and Infectious Diseases, part of the National Institutes of Health, awarded two contracts to support the production and clinical testing of an investigational vaccine based on the H5N1 strain of avian influenza. Before a pandemic strikes, there is no way to tell what the particular strain of virus will be. Research studies to test a vaccine to protect humans against this strain began in 2005.

Conference attendees stress that it is extremely important that people remain calm about the potential for a pandemic.

While no vaccination for this strain of flu currently exists, individuals can take precautions as simple as getting a regular flu shot, maintaining good health practices such as eating balanced diets and exercising, and cough and sneeze etiquette.

Travelers to areas with identified outbreaks of avian flu are encouraged to take necessary precautions to prevent the contraction and spread of this disease. It is believed that most cases of bird flu infection in humans have resulted from contact with infected poultry or contaminated surfaces. Most of the proven cases have occurred following close contact with infected birds or a massive ingestion of undercooked infected chicken meat or chicken blood. International travelers should visit the State Department's travel Web site at www.travel.state.gov to determine the travel restrictions in their destination country.

Sports & Fitness Briefs

Rumble on the Rock

The 65th Services Squadron will host the first Rumble on the Rock at Lajes Field, March 11.

The boxing event will be comprised of eight to 10 fights. It will be an evening of entertainment for all to enjoy but if anyone would like to do more than watch, there are plenty of volunteer opportunities in which to be involved. Volunteers are needed for officials, ushers, master of ceremonies, DJ, audio visual technicians, set up and tear down crews, parking attendees, security and of course, boxers. The competition is open to anyone and is directed toward people with no boxing experience. Training will begin with a basic boxing class starting Jan. 23. To sign up to box or for a volunteer position, call Capt. Chris Lance at 535-1151 or e-mail Robert.Lance@Lajes.af.mil.



Lajes Amazing Race

The 65th Services Squadron is hosting Lajes Amazing Race 2 p.m. Jan. 27. Two-person teams will compete in a scavenger hunt type race, similar to the television show. To participate, you must register by Jan. 25 at the fitness center.

For more information, call Staff Sgt. Eric Ross at 535-1290.

Locker Rooms

The fitness center staff would like to remind patrons that the locker rooms are 220V. Anyone who needs to use any electrical items (electric shavers, blower dryers, etc.) should ensure they are dual voltage,

and bring an adaptor. For more information, call Staff Sgt. Eric Ross at 535-1290.

Group Fitness Class

Group Fitness Classes have resumed at the main fitness center. The schedule is:

Monday

8:30 a.m. -- Step with Celia

Noon -- Spin with Tina

4:15 p.m. -- Cardio Mix with Manuela

5:15 p.m. -- Aero Kombat with Celia

6:15 p.m. -- Spin with Celia

Tuesday

6 a.m. -- Spin with Dawn

8:30 a.m. -- Circuit Training with Celia

5:15 p.m. -- Circuit Training with Rui

6:15 p.m. -- Spin with Rui

Wednesday

8:30 a.m. -- Step with Celia

Noon -- Spin with Tina

4:15 p.m. -- Cardio Mix with Manuela

5:15 p.m. -- Step with Manuela

6:15 p.m. -- Spin with Georgina

Thursday

6 a.m. -- Spin with Dawn

8:30 a.m. -- Circuit Training with Celia

5:15 p.m. -- Body Sculpting with Manuela

6:15 p.m. -- Spin with Manuela

Friday

8:30 a.m. -- Spin with Celia

Noon -- Spin with Tina

4:15 p.m. -- Cardio Mix with Manuela

5:15 p.m. -- Step with Celia

6:15 p.m. -- Spin with Celia

Saturday

10 a.m. -- Spin with Celia

11 a.m. -- Circuit Training/Stretching with Rui

ARMCHAIR QUARTERBACK CHALLENGE

Each week during football season, the *Crossroads* publishes a list of the National Football League games of the week for Team Lajes to predict. The person with the most correct picks will win free movie passes (admit two), \$3 off any Burger King purchase and a "rent-one-get-one free" at the Shoppette donated by AAFES.

The number one-ranked Armchair Q.B. each week will get his or her name and photo published in the *Crossroads* and we'll also print any smack talk the winner chooses to submit.

The Armchair QB winner for the first week of playoffs was Bill Rathbun. He was the only player to pick all four teams correctly.

There are still three more week's to win.

Players can bring picks to the Public Affairs office in room 240 of Bldg. T-100 or e-mail them to news@lajes.af.mil. All entries must be submitted before the opening kickoff to the first game **which is Saturday this week**. In the case of a tie, a winner will be decided by who picks the closest combined score of the Panther's game.

"It's easy to have faith in yourself and have discipline when you're a winner, when you're number one.

What you've got to have is faith and discipline when you're not yet a winner."

GO Patriots and Capt.

McGee!



Bill Rathbun

Divisonal Playoffs

- | | | |
|--------------------------|--|--------------------------|
| <input type="checkbox"/> | Washington Redskins vs. Seattle Seahawks | <input type="checkbox"/> |
| <input type="checkbox"/> | New England Patriots vs. Denver Broncos | <input type="checkbox"/> |
| <input type="checkbox"/> | Pittsburgh Steelers vs. Indianapolis Colts | <input type="checkbox"/> |
| <input type="checkbox"/> | Carolina Panthers vs. Chicago Bears | <input type="checkbox"/> |

Total Points for Panther's Game: _____



PLANNER



Hours of operation
Ocean Front BX (Bldg. T-207) Phone: 535-3444
 Monday-Wednesday 10 a.m. to 6 p.m.; Thursday-Saturday 10 a.m. to 8 p.m.; and Sunday 10 a.m. to 8 p.m.

Flight View BX (Bldg. T-627) Phone: 535-5236
 Monday-Wednesday 10 a.m. to 6 p.m.; Thursday-Saturday 10 a.m. to 8 p.m., Sunday 10 a.m. to 5 p.m.

Main Street Shopette (Bldg. T-323) Phone: 535-3280

Monday-Friday 7:30 a.m. to 11 p.m.; Saturday 9 a.m. to 11 p.m. and Sunday 10

a.m. to 8 p.m.

Military Clothing Sales Store (Bldg. T-627) Phone: 535-3816

Sunday-Monday closed
 Tuesday - Saturday 10

a.m. to 6 p.m.

Car Care Center (Bldg. T-320) Phone: 535-5125

Sunday 10 a.m. to 5 p.m.
 Monday-Saturday 10 a.m. to 6 p.m.

Reel Time Theater (Bldg. T-300) Phone: 535-4100

Showings Wednesday-Sunday

Beauty Shop (Bldg. T-400) (Walk-In Available) Phone: 535-4124

Sunday-Monday closed
 Tuesday-Saturday 10 a.m. to 6 p.m.

Barber Shop (Bldg. T-

400) Phone: 535-3396

Sunday closed; Monday-Friday 8:30 a.m. to 5 p.m.; Saturday 8 a.m. to 430 p.m.

New Car Sales (Bldg. T-202) Phone: 535-3173

Monday-Wednesday 10 a.m. to 6 p.m.; Thursday-Friday noon to 8 p.m.

Air Terminal Gift Shop (Bldg. T-612) Phone: 535-3227

Open for all arrivals and departures

AAFES Administrative Offices (Bldg. T-800) Phone: 535-3209

Monday-Friday 8 a.m. to 5 p.m.

Ilha Rent-a-Car (Bldg. T-207) Phone: 535-1278

Sunday closed; Monday-Saturday 9 a.m. to 6 p.m.

Frank's Franks (Bldg.

T-207) Phone: 535-1123

Monday-Sunday 11 a.m. to 6 p.m.

Vescovi Coffee Shop (Bldg. T-207) Phone: 535-1123

Monday-Sunday 7 a.m. to 6 p.m.

Burger King (Bldg. T-169) Phone: 535-3849

Monday-Thursday 7 a.m. to 9 p.m.; Friday-Saturday 7 a.m. to 11 p.m.; and Sunday 8 a.m. to 9 p.m.

AAFES Ocean View BX and Flight View BX are open on Portuguese Holidays from 10 a.m. to 5 p.m., except the Main Street Shopette, which is open 10 a.m. to 8 p.m. All facilities are open normal hours on U.S. Holidays.

Tradewinds Dining Facility Menu

Today

Lunch: Seafood Newburg, beef and corn pie, roast turkey*

Dinner: Yankee pot roast, pineapple chicken, simmered corn beef*

Saturday

Lunch: Swedish meatballs, Creole shrimp, savory baked chicken*

Dinner: Hungarian goulash, barbecue chicken and baked fish*

Sunday

Lunch: Oven fried fish, Cantonese spareribs and grilled mustard chicken breast*

Dinner: Steak, turkey nuggets and stir fry beef with broccoli*

Monday

Lunch -- Special Martin Luther King Jr. Day lunch meal: Southern fried catfish, southern fried chicken, barbecue spareribs, baked macaroni and cheese, rice, French fried okra, corn fritters, mustard greens, black-eyed peas and chicken gumbo soup

Dinner: Southern fried chicken, beef cannelloni and chili mac*

Tuesday

Lunch: Salmon cakes, veal parmesan and teriyaki chicken*

Dinner: Turkey a la king, meatloaf and country captain chicken*

Wednesday

Lunch: Beef ball stroganoff, turkey and noodles and barbecue ham steak

Dinner: Stuffed pork chops, barbecue spare ribs and lemon-herb chicken*

Thursday

Lunch: Southern fried catfish, barbecue spareribs, oven fried chicken*

Dinner: Jaeger schnitzel with mushroom sauce, glazed Cornish hens and roast loin of pork

*Denotes Healthy Heart item

Menu subject to change

At the Movies

Today: 7 p.m.

Zathura - Starring Tim Robbins and Josh Hutcherson

After their father leaves for work, leaving them in the care of their older sister, six-year-old Danny and ten-year old Walter discover an old tattered metal board game, "Zathura." After trying unsuccessfully to get his brother to play the game with him, Danny starts to play on his own. From his first move, Danny realizes this is no ordinary board game. His spaceship marker moves by itself and when it lands on a space, a card is ejected, which reads: "Meteor shower, take evasive action." Rated PG, 113 min

10 p.m. Get Rich or Die Tryin' - Starring 50 Cent and Joy Bryant

An orphaned street kid (Curtis "50 Cent" Jackson) makes his mark in the drug trade, but finally dares to leave the violence of his former life behind to pursue a promising career in the music business as a rapper. Rated R, 125 min

Saturday: 7 p.m. Yours, Mine and Ours

Starring

Quaid and Rene Russo

A widow and widower fall in love and get married, but the resulting combined eighteen children make for a hair-raising situation under one roof. Rated PG (crude humor) 99 min

Sunday: 2 p.m. - Zathura

Sunday: 7 p.m. - Yours, Mine and Ours
Wednesday - 7 p.m. - Yours, Mine and Ours
Thursday - 7 p.m. Get Rich or Die Tryin'

Next week: Derailed and Walk the Line

Movies subject to change. For updated information call 535-4100.

Movie listings are also available at www.aafes.com.





EVENTS

Submission deadline is Thursday one week prior to publication. E-mail announcements in normal text with event, location, date, time, point of contact's full name and phone number/e-mail address to news@lajes.af.mil. For on-base numbers, dial 295-57 and the last four digits.

Community events

Open house: The Terceira Mar Hotel in Angra will sponsor an Open House, Jan. 28 from 2-8 p.m. A free cocktail drink will be served to the visitors during that period. Information will be available on the hotel's services and special rates.

Project Wizard

Story hour: The base library offers story time every Friday at 3 p.m., for children 7 and younger.

Combat Education

University of Maryland College: UMUC registration for on-site Term 3 classes ends today. For details, call Ray or Holly at 535-4187.

Oklahoma University classes: The Masters of Human Relations degree program with University of Oklahoma is a 36 credit hour, non-thesis degree that can be completed within 16-24 months.

The next course being offered is HR 5172-221, "Seminar in Applied Interpersonal Dynamics," an elective course towards the Master of Human Relations degree. The course dates are Feb. 28 - Mar. 5. The last day to add/drop will be Jan. 30. For details, call Jaclyn Kemp at 535-3171.

Embry-Riddle Aeronautical University:

Embry-Riddle is currently holding registration for undergraduate and graduate distance learning courses that start in January.

For details, contact Terra Schellig at 535-3375.

Jobs/Volunteer

Services vacancies: The 65th Services Squadron vacancy listing is available at the Human Resources Office in Bldg. T-112 between 9 a.m. and 4 p.m. Monday through Friday. For details, call 295-575-200 or 535-5200.

Auto mechanic wanted: The Auto Hobby Shop is looking for an experienced auto mechanic to teach classes. For more information call Victor Silva at 535-4140.

Combat Touch

Catholic Men of the Chapel Mass and Dinner: 6 p.m. Jan. 18 at the chapel.

New Creation Café: 7 p.m. Jan. 20 at Eddies Place.

Men's Spiritual Leadership Training/Breakfast: 8 a.m. Jan. 21 at the chapel.

Little Flowers Girls' Club: 3 p.m. Jan. 23 in Bldg. T-1415B.

SUM Dinner hosted by the Wing: 5:30 p.m. Jan. 26 at the chapel.

Children and Youth Movie Night: 7 p.m. Jan. 27 at the chapel.

For more information on chapel events, call 535-4211.

Miscellaneous

Samba Brazil by Night: 7:30 p.m. Saturday, the TORC will host a Brazilian BBQ, "Moqueca" with fish and shrimp, variety of meats, variety of sausages, salads and vegetables, assorted desserts, which includes one free "Caipirinha". The live band from Brazil "Soul do Brazil" will perform. Cost is \$14.95 for members, \$16.95 for non-members. For details, call Teresa Cordle at 535-3202.

Top of the Rock club member specials: Tuesday, \$2 Tuesday's, \$2 pitchers; Wednesday is Hump Day from 4 to 7 p.m., \$1 well special; Thursday is Thirsty Thursday, \$1.25 domestic bottles from 4 to 7 p.m.; Friday is super social hour, \$25 club card drawing at 7:15 p.m. Must be present to win. For more information on club specials call Kevin Gontarek at 535-3202.

Tropical Night at the TORC: 9 p.m. to 2 a.m. Saturday, learn how to dance salsa and merengue for free from 9 to 10 p.m. followed by Latin music featuring DJ FLECHA.

Mystery dinner auditions: The Enlisted Spouses Club is holding auditions 6 to 8 p.m. Tuesday at the community center for an interactive murder mystery dinner. The theme is a totally gnarly wedding in 1985. Casting is open to high school seniors and adults. For more information, call Kim Pate at 295-549-250.

Oceanview Island Grill daily specials: The Oceanview Island Grill serves the following daily specials:

Monday: Beef enchiladas with fries or salad \$5.25; Tuesday: Pizza special with two toppings \$11.50; Wednesday: Taco salad \$5.25; Thursday: Fried shrimp with fries or salad \$6.95; Friday: Roast chicken with mushroom choice of fries or rice \$5.25, or Spaghetti with meat and parmesan cheese \$5.25; and Saturday: Grill chicken with bacon and Swiss cheese with rice, fries or salad \$6.95.

For more information, call Artur Oliveira at 535-3287.

Girl Scout Cookie Sales: The Terceira Island Girl Scouts will be selling cookies at the Commissary, Ocean View BX and Shoppette at the following dates and times: Jan. 27 - 3:30 to 6:30 p.m.; Jan. 28 - 10:30 a.m. to 6:30 p.m.; Feb. 3 - 3:30 to 6:30 p.m.; and Feb. 4 - 10:30 a.m. to 6:30 p.m.

Cost is \$3.50 per box - only dollars accepted. The proceeds from the sale go to all six of the Girl Scout troops here on the island.

WIC Overseas: The new Women Infant and Children overseas office hours are 1:30 to 4:30 p.m. Monday through Friday. For eligibility requirements or to schedule an appointment, contact Hope McKendree at 535-1440.

Commissary: The Lajes Field Commissary is open Monday through Saturday 10:30 a.m. to 6:30 p.m. They are open Fridays until 7:30 p.m. Customers can call the departments directly. For customer service, call 535-6174, for the secretary, call 535-6124, for the produce department, call 535-5282 and for

the deli/bakery, call 535-4182.

Furniture Store: The Army and Air Force Exchange Service furniture store is now open Tuesday through Saturday 10 a.m. to 6 p.m., in Bldg. T-800. If customers can't find what they need, they should speak with the sales associate or management staff. For more information, call 535-3606.

Project CHEER

SUM Tour: 9:30 a.m. Monday at the FSC; **Football Frenzy:** 5 p.m. Saturday at the TORC; **Karaoke:** 8 p.m. Thursday; **Dodgeball Tournament:** Jan. 20 at the gym; and **Madden NFL 06 Tournament:** Noon, Jan. 28 and 29 at the Sun and Sand Hut. To register, stop by the community center, call 535-4135, or e-mail Terrance.Lundie@af.mil. There is no cost to enter. Trophies will be awarded for first and second place. First place also receives a cash prize.

Classifieds

E-mail ads to news@lajes.af.mil. Ads are due by 5 p.m. Friday. Please remember to notify the Crossroads when items have been sold.

For sale: Presto Hot Air Popcorn Maker, never opened, comes with two pounds of popping corn, \$15; Surefit Sofa Cover, neutral color, never used, \$80; Graco Travel System, comes with car seat, stroller, and base, \$100; Fisher Price 3-Stage Piano, ages 0 - 12 months, \$10; Graco Portable Swing, up to 22 lbs., \$40; Fisher Price Intellitainer, teaches numbers, letters and music, ages 5 months and up, \$65; - Bottle Sterilizer, for wide and regular mouth bottles, used once, \$40; Medela Breast Pump, tubing, storage and accessories included, \$50; EvenFlo Breast Pump, battery or electric powered, \$25; 17 Inch Computer Monitor, \$30; Free - Computer Tower, great for parts, For information, call Josh or Nora at 295-549-601

For sale: 1993 Volkswagen Polo Great car/ clean Inspection good through Aug 06 Same owner past three years \$1500; Dirt bike - willing to sell 02 Kawasaki KX 250 Awesome, powerful bike Runs perfect Can only sell before Jan. 10 (PCS) \$3000 OBO I will show you the tracks on island!! Call Fred hm. 295-542-835 wk. 535-5111 e-mail fredrick.cowell@lajes

Medium kennel for dogs up to 50lbs. Used six months. Our dog doubled in size and we just needed a bigger kennel. Contact Andy or Kimberly at 295-549-741 or Kimberly at 535-6722. \$30.